

Medicaid Scale Back 2008 weight loss winners announced

The Alabama Medicaid Agency has stepped off the scale lighter and healthier after losing a total of 726 pounds during Scale Back Alabama 2008, a statewide initiative designed to promote wellness and weight loss.

Nearly 40 percent of the 108 Agency employees participating lost at least 10 pounds each. Each participant was part of a four-person team during the eight-week effort. A total of 43 agency employees, who lost 10 pounds or more, were eligible for cash prizes in the statewide Scale Back drawing on April 1, 2008.

Top Agency honors went to Medicaid employees Jane Bowman of the Third Party Division, and Jan Sticka of the Quality Improvement and Standards Division. Each lost 20 pounds, and tied for first place in individual weight loss. Provider Integrity staffer Hazel Ashley came in second by dropping 19 pounds.

Five teams were recognized as the Agency's top "losers." First place team Million Dollar Babes burned off a combined 62 pounds, while Waistline Warriors lost a total of 61 pounds. Fit and Fabulous Four took third place with a 52-pound drop. Waist Watchers placed fourth losing 50 pounds, and Information Systems Motivators dropped 44 pounds taking fifth place.

The Agency's project was coordinated by Medicaid Medical Director Dr. Robert Moon and Executive Assistant Mattie Jackson in conjunction with the statewide Scale Back program.

"I congratulate all those who participated in Scale Back Alabama this year because they took a positive step to improve their health," Dr. Moon said.